

## Agriculture

### **You are Appreciated!**

**9:30 AM | Convention Center #4**

*Ty Jones, Allen County Teen and Dale Dobson, Safety Coordinator, KY Department of Agriculture*

Some of the most important words you can ever tell anyone is "You are Appreciated!" Join the leaders of the 4-H 4 Hope Team as they share about the challenge coin project they implemented with Mammoth Cave Area 4-H teen members. This project focuses on the mental health of farmers and community members.

### **Building Tomorrow's Farmers One Table at a Time**

**10:30 AM | Convention Center #4**

*Tina Hogue, Monroe County 4-H Youth Development Agent, Charolette Arnett, Monroe County 4-H Program Assistant*

Monroe County Tabletop Farmers 4-H Club grows each month. Youth with an interest in farm tops and landscapes meet to work together, as well as individually to develop their farms. Youth have gained knowledge of farming practices as well as developing communication and leadership skills. Even the youngest "farmers" can excel through his or her love of a farm he or she has created. The possibilities for the farms are limitless with the creativity and imagination of our youth.

### **Developing Education & Leaders Through Farmers Market**

**1:00 PM | Convention Center #4**

*April Wilhoit, Fleming County ANR Agent*

Ideas for building Farmers Market leaders through effective educational programming and marketing.

### **Sprouts Kids Club: Healthy Eating through Ag Awareness**

**2:00 PM | Convention Center #4**

*Lindie Huffman, Pendleton County ANR Agent, Lilyana Miller, Pendleton County Volunteer*

The Sprouts Kids Club offers dynamic programming targeting youth at local farmers' markets. Learn about the Sprouts Kids Club, explore the possibilities of expanded community partnerships and cross-programmatic extension programming, and engage in program ideas to take back to your local community.

### **Maple Syrup the Secret Flavor of 4-H**

**3:15 PM | Convention Center #4**

*Lori Clark, Kenton County 4-H Youth Development Agent, Venessa Sturgill, Kenton County 4-H Program Assistant*

Participants will learn what maple syrup is and where it comes from, the history of maple syrup and how to identify Maple Trees. In addition, participants will learn the process of making maple syrup and see how this can be a 4-H club and family activity.

### **Winning the Kentucky Land Judging and Home Site Evaluation Competition - An Inside Look**

**4:15 PM | Convention Center #4**

*Edwin Ritchey and Bob Pearce, KY Extension Specialists*

We will go through an exercise and use the workbook to show how the score card should be completed. There will be other materials provided that were developed to support the contest and volunteers competing in the contests.

## 4-H Club Management

### **Kentucky 4-H Volunteer Annual Update**

**9:30 AM | Convention Center #8**

*Rachel Guidugli, Assistant Extension Director of 4-H Youth Development*

This update will include trends in positive youth development, major changes within the program, updates to processes, promotion of opportunities, etc. This will be produced and available for dissemination in a variety of mediums, the county 4-H program will be able to utilize this resource.

### **Ideas for Running a Club Meeting**

**10:30 AM | Convention Center #8**

*Patrick Allen, Specialist, KY 4-H Program*

This workshop will help volunteers become more comfortable with running a club meeting. Participants will learn the basics and best way to teach the sometimes overwhelming subject of parliamentary procedure.

### **Introduction to 4-H (Everything You Wanted to Know but were Afraid to Ask!)**

**1:00 PM | Convention Center #8**

*Mike Meyer, Specialist, KY 4-H Program*

This workshop is targeted toward volunteers in the Master Volunteer Accreditation track, as well as all Kentucky 4-H volunteers. The workshop gives a "birds' eye view" of the Kentucky 4-H Programs, answers the question "What is 4-H?", and provides an overview of the Kentucky 4-H Program, exploring the Kentucky 4-H Program Quality Guide, Roles & Responsibilities.

### **Ages and Stages of Youth Development**

**2:00 PM | Convention Center #8**

*Chuck Stamper, Specialist, KY 4-H Program*

This workshop targets the Master Volunteer Accreditation track and volunteers of all levels. This workshop focuses on sharing the goals and principles of Positive Youth Development, four-fold Youth Development, Essential Elements of Positive Youth Development, incorporating age-appropriate learning activities into 4-H club program, introduces the 4-H Thriving Model, combining these into effective group activities. This workshop will assist club leaders in taking their meetings to the next level.

### **Understanding Effective Teaching Methods & Learning Styles in Kentucky 4-H Clubs, Programs & Activities**

**3:15 PM | Convention Center #8**

*Isaac Hilpp, Specialist, KY 4-H Program*

This workshop targets volunteers in the Master Volunteer Accreditation track, and volunteers and Extension professionals that need or want to more effectively reach 4-H members by understanding and improving their teaching methods and different learning styles. Topics covered include effective teaching and learning, developing lesson plans for 4-H meetings, understanding multiple intelligences, and creating evaluations that assess the effectiveness of teaching and learning.

### **Planning and Managing 4-H Clubs and Meetings; Managing Risks, Involving Parents & Volunteers**

**4:15 PM | Convention Center #8**

*Kim Schrader, Specialist, KY 4-H Program*

This workshop targets those in Master Volunteer Accreditation, and volunteers new to Kentucky 4-H. Participants will learn about 4-H clubs, different types of clubs, where to access 4-H club resources, plan a successful year in your 4-H club, conduct engaging, educational, and fun 4-H meetings, risk management plans and practices for youth and adults, marketing 4-H in the community and in schools, and how to recruit parents and volunteers to assist with your club, projects, and activities.

## Communication & Expressive Arts 1

### Canva Creations for Beginners

9:30 AM | [Convention Center #12](#)

*Morgan Esters, Edmonson County 4-H Volunteer*

We will go over how to create professional, educational, and creative digital media through Canva for your county, clubs and camps! We will learn how to make logos, newsletters, flyers and more! This will be using Canva Pro & the free version. Bring your laptops, tablets, or smart phones. Plan to have the Canva-free version uploaded to your device.

### Branching Creativity: Weaving Nature's Tapestry - Exploring Fiber Arts with Tree Branches and Natural Elements: *Part 1 of 2*

10:30 AM | [Convention Center #12](#)

*Cortney Moses, Whitley County Community Arts Agent*

In this workshop, participants will explore the art of loom weaving from a nature-inspired perspective. We will learn about branch selection, fundamental weaving techniques, and discuss integrating found objects into your creations. This weaving program is customizable, giving you the ability to cater to many age groups. Principles from extension fields such as art and culture, botany, health and well-being, and environmental science can be seamlessly integrated into the activity. **Part 1 of 2.**

### Branching Creativity: Weaving Nature's Tapestry - Exploring Fiber Arts with Tree Branches and Natural Elements: *Part 2 of 2*

1:00 PM | [Convention Center #12](#)

*Cortney Moses, Whitley County Community Arts Agent*

In this workshop, participants will explore the art of loom weaving from a nature-inspired perspective. We will learn about branch selection, fundamental weaving techniques, and discuss integrating found objects into your creations. This weaving program is customizable, giving you the ability to cater to many age groups. Principles from extension fields such as art and culture, botany, health and well-being, and environmental science can be seamlessly integrated into the activity. **Part 2 of 2.**

### Drawing Blind....What? *Part 1 of 2*

2:00 PM | [Convention Center #12](#)

*Mawnie Belcher, Whitley County Community Arts Program Assistant*

Welcome to our Blind Contour Drawing class, where you'll learn to draw without looking at your paper and without lifting your pencil. We'll focus on drawing still life objects and people with amazing benefits. You'll learn to see better, make your hands and eyes work together, stay calm while really focusing on what you are drawing, love mistakes, understand space and feel awesome as an artist. So, get ready to be creative, and discover all the amazing things your hands and eyes can do together!

**Part 1 of 2.**

### Drawing Blind....What? *Part 2 of 2*

3:15 PM | [Convention Center #12](#)

*Mawnie Belcher, Whitley County Community Arts Program Assistant*

Welcome to our Blind Contour Drawing class, where you'll learn to draw without looking at your paper and without lifting your pencil. We'll focus on drawing still life objects and people with amazing benefits. You'll learn to see better, make your hands and eyes work together, stay calm while really focusing on what you are drawing, love mistakes, understand space and feel awesome as an artist. So, get ready to be creative, and discover all the amazing things your hands and eyes can do together! **Part 2 of 2.**

### Exploring Portfolio Pathways: Intro Print Making:

*Part 1 of 2*

4:15 PM | [Convention Center #12](#)

*Allison Denny, KSU Community Arts Agent*

Come learn about various printmaking methods in these two workshops! Participants will learn how to carve a linoleum block and make a wax resist print in the first class, then print their designs in the next class. You will then be able to take home your carved block, your prints, and instructional handouts with a supply list. This workshop fits into the following categories for state fair: 6029 Arts Division, 738 Wax Resist Print and 740 Linoleum Print. Part 2 will be on Saturday at 8:15 a.m. same room. **Part 1 of 2.**

## Communication & Expressive Arts 2

**Clay Sculpture and Pottery: Part 1 of 2**  
**9:30 AM | Convention Center #13**

*Seth Hart, Wayne County Community Arts Program Assistant*

Students will learn how to create basic project items using self-hardening clay.

**Part 1 of 2. Cost: \$5/person.**

**Clay Sculpture and Pottery: Part 2 of 2**  
**10:30 AM | Convention Center #13**

*Seth Hart, Wayne County Community Arts Program Assistant*

Students will learn how to create basic project items using self-hardening clay.

**Part 2 of 2. Cost: \$5/person.**

**Creating a Fiber Art Group**  
**1:00 PM | Convention Center #13**

*Amy Aldenderfer, Hardin County Horticulture Agent*

With this workshop you will experience how to run a group that incorporates fiber art as the focal point of the curriculum. We will not be learning how to utilize fiber into creating art in this workshop.

**Starting on a Fiber Journey**  
**2:00 PM | Convention Center #13**

*Amy Aldenderfer, Hardin County Horticulture Agent*

How does fluffy sheep hair become yarn or thread? In this workshop, you will start your own fiber journey by exploring the types of animal fiber and twisting it into yarn. You will make a drop spindle and be able to have a single yarn by the end of the workshop.

**Holiday Workshop in a Bag: For Fun or Fundraising**

**3:15 PM | Convention Center #13**

*Cathy Weaver, Jessamine County 4-H Youth Development Agent*

Holidays are often the busiest time of year. In 4-H we want to offer cool Holiday workshops but there often isn't time! The solution? Holiday Workshop in a bag! This workshop will discuss different options for a holiday workshop in a bag, show how it can be a county or club fundraiser, and participants will make 2 of the crafts that could be included in a Holiday Workshop in a bag!

**Get Better at Photography**  
**4:15 PM | Convention Center #13**

*Eric Comley, Garrard County 4-H Youth Development Agent*

"I just want to take better photographs," or "I want to help my club members take better photographs," are the common phrases I hear throughout the year. Part of our problem is not the availability of subjects, but planning to maximize the opportunities. We also need a willingness to find the interesting and treat the subject like something we want the world to see. Participate in this session to learn how to be a better photographer.

## 4-H Council

### **Grant Writing 101: Tips for Writing KVF Implementation Grant & Ag Mini Grant** **9:30 AM | Convention Center #9A**

*Melissa Miller, Director of KY 4-H Foundation*

Join the Foundation as we share tips and tools for writing grants to benefit your County's 4-H Program. We will focus our attention on the new KVF Implementation Grant but also the Agriculture Mini Grant that are both funded through the Kentucky 4-H Foundation.

### **4-H Program Planning: Begin by Assessing Community and Program Needs** **10:30 AM | Convention Center #9A**

*Bernita Cheirs, Fulton County 4-H Youth Development Agent, Brian Good, Bell County 4-H Youth Development Agent, Jocelyn Kemp, Hardin County 4-H Youth Development Agent*

Effective 4-H and Extension Programs reflect the county and the people who live there. 4-H Councils should form the basis of 4-H Programming by identifying the needs of the county, its communities, and its youth. This workshop introduces the Expansion & Review Committee and a Needs Assessment tool (a SWOT Profile [Strengths, Weaknesses, Opportunities, Threats]), explain the purpose and uses of each, and their role in planning an effective 4-H program that reflects county and youth needs.

### **Recruiting Members & Volunteers for your 4-H Council without Breaking Arms!** **1:00 PM | Convention Center #9A**

*Hunter Carroll, Jackson County 4-H Youth Development Agent, Carissa Miske, Owsley County 4-H Youth Development Agent, Ryan Spicer, Breathitt County 4-H Youth Development Agent*

This workshop will present effective, easy-to-use strategies for identifying the current makeup of your 4-H Council, identifying communities, demographics, groups, program areas, delivery methods, and geographic areas that are underrepresented on your 4-H Council, and will identify proven strategies for identifying and recruiting individuals that are best suited to serve as 4-H Council members, representing these groups, areas, and delivery methods.

### **Show Me the Money! Handling 4-H Council Funds Easily and Legally**

**2:00 PM | Convention Center #9A**

*Rebecca Amsler, Director Extension Business Office and Lindsay Poore, Zach Waller, Ryan Martin, Extension Business Office*

This workshop will focus on the legal requirements for handling 4-H Council funds, including guidelines, restrictions, best practices, signatory responsibilities, 501© 3 tax exempt status, etc. Additionally, strategies that 4-H Council treasurers can follow for accounting, financial management, handling money, invoicing, bill paying, etc., will be covered. This workshop will benefit 4-H Councils and Council treasurers to perform their responsibilities legally and easily, while also meeting university requirements.

### **4-H Council Funding: Budgeting and Fundraising**

**3:15 PM | Convention Center #9A**

*Rebecca Amsler, Director Extension Business Office and Lindsay Poore, Zach Waller, Ryan Martin, Extension Business Office*

A common mistake that 4-H Councils make is to let funding drive programming. (What can we do with \$X.00?) In reality, programming should drive funding! This workshop will cover three primary topics:

Developing an annual 4-H Council budget; identifying fundraising opportunities and funding options; determining what District Board funds can pay for. This workshop will benefit 4-H Councils by demonstrating ways that their county 4-H programs can grow, expand, and reach more youth, by accessing financial resources that have previously not be considered or accessed.

### **Two Peas in a Pod**

**4:15 PM | Convention Center #9A**

*Catherine Webster, Simpson County 4-H Youth Development Agent, Robin Hollingsworth, Lacey Phillips, Connie Blane, Lucy Eversman, FRYSC Simpson County*

This workshop will highlight school enrichment programs the Extension Service conducts in partnership with the Simpson Co. School District. All programs are done in conjunction with the Family Resource Youth Service Centers and/or Community Education. Extension programs meet several components of the FRYSC and together make the perfect programming pair for reaching youth in our communities.

## Crafts 1

**Nude Descending a Staircase: Part 1 of 2**  
**9:30 AM | Convention Center #10**

*Debbie Morris, Boyle County Program Assistant*

We don't talk about nudes much in 4-H, but Marcel Duchamp's *Nude Descending a Staircase* (1912) is one of the inspirations recommended in our 4-H curriculum when teaching the movement of a human in art. In this 90-minute workshop, volunteers will practice creating a painting that emphasizes a human figure in action. This project is state-fair eligible in class 732a/b, Human Action in an acrylic or watercolor painting. Part 1 of 2. Max: 20 people. Cost \$8.

**Nude Descending a Staircase: Part 2 of 2**  
**10:30 AM | Convention Center #10**

*Debbie Morris, Boyle County Program Assistant*

We don't talk about nudes much in 4-H, but Marcel Duchamp's *Nude Descending a Staircase* (1912) is one of the inspirations recommended in our 4-H curriculum when teaching the movement of a human in art. In this 90-minute workshop, volunteers will practice creating a painting that emphasizes a human figure in action. This project is state-fair eligible in class 732a/b, Human Action in an acrylic or watercolor painting. Part 2 of 2. Max: 20 people. Cost \$8.

**Abstract Acrylic - No Brushes**  
**1:00 PM | Convention Center #10**

*Sharayha Clingenpeel, Daviess County 4-H Youth Development Agent*

A twist on an abstract acrylic painting without a paint brush. Utilize wax paper and paint to create a unique abstract design on a mini canvas. This is an easy craft you can do with Cloverbuds, 4-Hers, homemakers, in a classroom, and more!

**Simple Leather Working Project**  
**2:00 PM | Convention Center #10**

*Billie Jo Graves, Boyle County Program Assistant*

Very few hands on projects fascinate 4-Hers more than leather working. The variety of punches, patterns, finishes, and looks are mind-boggling, not to mention youth can create a simple project very quickly or take months on a complex piece. In this workshop, participants will assemble a simple key chain and practice tooling at an introductory level. This project is state-fair eligible in class 763 Leather Craft. Max: 15, Cost: \$5.

**An Important Bulletin**  
**3:15 PM | Convention Center #10**

*Kim Ragland, Boyle County 4-H Youth Development Agent*

In this workshop, participants will create a unique French bulletin board from scratch using simple materials and techniques, easily replicated with youth. This project is state-fair eligible in class 893 Bulletin Board and is part of the Home Environment curriculum. Max: 15, Cost: \$10.

**Fun with Filigree: Beginner Paper Quilling**  
**4:15 PM | Convention Center #10**

*Ginny Butsch, Campbell County Program Assistant*

Paper quilling involves rolling long, thin strips of paper (filigree) around a special tool to form shapes that can be combined to make 3-D art. Attendees will learn basic coil shapes and how they can be used to create an image.

## Crafts 2

### **Sunflower With A Twist:** *Part 1 of 2*

**9:30 AM | Convention Center #11**

*Lora Stewart, Gallatin County 4-H Youth Development Agent and Mel Daniel, Gallatin County 4-H Volunteer*

Design a sunflower with a twist that includes inspirational phrases. We will be using acrylic paints. You do not have to know how to draw to participate. **Part 1 of 2.**

### **Sunflower With A Twist:** *Part 2 of 2*

**10:30 AM | Convention Center #11**

*Lora Stewart, Gallatin County 4-H Youth Development Agent and Mel Daniel, Gallatin County 4-H Volunteer*

Design a sunflower with a twist that includes inspirational phrases. We will be using acrylic paints. You do not have to know how to draw to participate. **Part 2 of 2.**

### **Watermelon Pillow**

**1:00 PM | Convention Center #11**

*Rohdene Rollins, Henderson County Program Assistant*

Come and learn about Craft and App Classes for adults and youth. Item could be entered in county and state fair. Will be doing an inexpensive craft with placemats, paint, pillow stuffing and glue.

### **Moss Bunny Family Sign**

**2:00 PM | Convention Center #11**

*Britney Poe, Robertson County FCS Agent*

Make your own moss bunny family sign for your home. Display on shelf during the spring season. **Cost is \$10.**

### **Jewelry Making**

**3:15 PM | Convention Center #11**

*Lily Frye, Carroll County Volunteer*

Come make a necklace with us. You will take home a completed necklace.

### **Light up the Night**

**4:15 PM | Convention Center #11**

*Kelly Dockter, Henry County Staff Assistant*

In this workshop, participants will learn to make a simple electric night light.

## FCS 4-H - Track 1

### **Dresses for Girls in Africa** 9:30 AM | Hyatt- Regency #1

*Callie Derosssett, Henry County 4-H Teen Volunteer and Cathy Toole, Henry County 4-H Youth Development Agent*

Come and find out about how your county can support young girls in Africa by creating a simple dress.

### **Rick Rack Chick** 10:30 AM | Hyatt- Regency #1

*Elizabeth Mefford, Carroll County Volunteer*

Attendees will be learning small basic hand embroidery stitches to embellish a tea towel.

### **GEMS: Girls Empowered and Motivated to Succeed**

#### 1:00 PM | Hyatt- Regency #1

*Krista Perry, Henry County FCS Agent and Megan McCoun, Henry County ANR Agent*

Come learn what the GEMS program is, why each county should conduct the program and how much impact the program has. Each participant will receive resources to take home with them to be able to conduct the program.

### **Making Nutrition/MyPlate Fun!** 2:00 PM | Hyatt- Regency #1

*Bobbie Chatham, Carroll County Volunteer*

Come learn fun ways to promote nutrition to 4-H members/youth. This will be a hands-on class.

### **Country Ham Recipe Contest** 3:15 PM | Hyatt- Regency #1

*Misty Wilmoth, Larue County 4-H Youth Development Agents*

Participants will learn about one of the newer competitions in Kentucky 4-H....the 4-H Country Ham Recipe Contest. Volunteers and agents will be given tips to help promote the contest and the contest rules will be reviewed. Some past recipe entries will also be shared.

### **Fun and Easy Foods in a Bag** 4:15 PM | Hyatt- Regency #1

*Aubrey New, Campbell County Program Assistant*

Everyone tends to cook using a stove, microwave, air-fryer, or grill, but who knew you could make fun and tasty snacks in a bag? Join us to learn how to make a variety of snacks and treats in a bag. These recipes are easy to make, most of them are inexpensive for a classroom, and, they are so much fun to make! Children of all ages enjoy the recipes in a bag, and the best part is, you can enjoy the recipes with them!

## FCS 4-H - Track 2

### **4-H Fresh Chefs: Part 1 of 2**

**9:30 AM | Hyatt- Regency #2**

*Deana K. Reed, Meade County 4-H Youth Development Agent and Rebecca Hacker, Meade County 4-H Volunteer*

The Meade County 4-H Fresh Chefs Club focused on healthy food preparation, food and kitchen safety, the benefits of shopping at a local farmer's market, and food preparation on a budget. During this workshop, participants will learn about the overall program and participate in the preparation or taste testing of NEP/SNAP eligible recipes. **Part 1 of 2. Limit 20.**

### **4-H Fresh Chefs: Part 2 of 2**

**10:30 AM | Hyatt- Regency #2**

*Deana K. Reed, Meade County 4-H Youth Development Agent and Rebecca Hacker, Meade County 4-H Volunteer*

The Meade County 4-H Fresh Chefs Club focused on healthy food preparation, food and kitchen safety, the benefits of shopping at a local farmer's market, and food preparation on a budget. During this workshop, participants will learn about the overall program and participate in the preparation or taste testing of NEP/SNAP eligible recipes. **Part 2 of 2. Limit 20.**

### **Culinary Challenge**

**1:00 PM | Hyatt- Regency #2**

*Isaac Hilpp, Specialist, KY 4-H Program*

The culinary challenge is a state-level event that helps young people explore their passion in the kitchen as well as careers that passion can lead to. Join us as we go over the ins and outs of the contest as well as highlight some other contests that are available to young people in culinary programs.

### **Bringing Poultry Products into your Culinary Programs**

**2:00 PM | Hyatt- Regency #2**

*Jacqueline Jacob, Tony Pescatore, Specialists, KY Poultry Programs*

There are three culinary contests in the 4-H poultry program that do not involve live animals at all. These include the Egg Chef Challenge, the Chicken BBQ contest and the Turkey BBQ contest. Come and learn about these culinary contests so you can include them in your county programs.

### **4-H Food & Fun**

**3:15 PM | Hyatt- Regency #2**

*Julie Brown (Warren), Catherine Webster (Simpson), Anna Meador (Allen) County 4-H Youth Development Agents*

4-H, Food, & Fun is a free at-home cooking program that unites families in the kitchen and at the dinner table. The goal of this program is to get young people in the kitchen and preparing home-cooked meals, trying new foods, encouraging family time, developing communications skills and having fun! Each month youth received a kitchen utensil and local commodity to make their recipe. At this workshop we will talk about what it takes to make this program happen in your county.

### **Getting the Blue Ribbon: Home Canning Tips**

**4:15 PM | Hyatt- Regency #2**

*Elizabeth Coots, Shelby County FCS Agent*

Volunteers will gain knowledge of safe home canning recipes and procedures. Emphasis will be placed on how to can foods listed in the 4-H culinary category and how to do so in order to get a blue-ribbon winner. We will review the judging criteria that determines what makes the best canned salsa, jam, etc.

## FCS Adult

### **Pathways to Wellness: Navigating the People, Places and Spaces that Influence Health**

**9:30 AM | Hyatt- Regency #3**

*Courtney Luecking, Specialist, KY Extension Programs*

Did you know diet, physical activity, and sleep account for less than half of the factors that determine the length and quality of life? In this session we will explore how the people, places, and spaces in which we live, learn, work, and play influence health. This interactive session will give you a sneak peek of a new health-focused curriculum.

### **Birth Order: Implications for Everyday Living**

**10:30 AM | Hyatt- Regency #3**

*Harriett Edwards, Specialist, NC 4-H Youth Development Program*

Are the personalities of oldest, middle, and youngest siblings really different? Contemporary theories tell us that birth orders impact our personalities and lead us toward certain behaviors. This session will be an opportunity to examine information from several sources, evaluate personal attitudes about birth order theory, and discuss how this information influences our work, relationships, and families.

### **Use Less. Spend Less. Stress Less.**

**1:00 PM | Hyatt- Regency #3**

*Nichole Huff, Specialist, KY FCS Programs*

When our family resources and finances are stretched, stress and relationship strain are sure to follow. Learn ways to maximize your resources (Use Less), stretch your finances (Spend Less), and enjoy priceless low-and-no-cost activities with loved ones (Stress Less).

### **Sew Many Projects, Sew Little Time**

**2:00 PM | Hyatt- Regency #3**

*Lisa Jones, Whitley County 4-H Youth Development Agent*

Make your own travel sewing kit with a pin cushion, learn how to make a French Seam (no show seam) pillow case, and other simple projects for your 4-H Sewing Club!

**Limited to 20 people. Cost \$10.**

### **Time Well Spent: Productivity Skills for Success**

**3:15 PM | Hyatt- Regency #3**

*Nichole Huff, Specialist, KY FCS Programs*

This session will highlight the UK Extension curriculum, Time Well Spent. Learn resource management skills to enhance productivity, combat procrastination, and practice personal and professional self-care.

### **Fusible Fabric Quilt Squares**

**4:15 PM | Hyatt- Regency #3**

*Danielle Hagler, Nelson County FCS Agent*

Want to introduce your community to the art of quilting without using sewing machines? Join this workshop to learn about the elements of art, while gaining the skills to offer fusible quilt squares as a cultural arts lesson. Participants will create their own hand crafted quilt square from fusible fabric! **Cost is \$5.00.**

## Health and Wellbeing

### **Kentucky 4-H Health and Wellbeing: Basics of the Five Domains**

**9:30 AM | Thoroughbred #2**

*Chuck Stamper, Specialist, KY 4-H Program*

In this workshop, the positive development of 4-Hers in the domains of physical, emotional, social, spiritual, and intellectual health and wellbeing will be covered. The educational programming and resources available for 4-H Club Leaders to create a supportive and inclusive learning environment will be discussed and practiced.

### **Live, Work, Play, Pray: Making Faith Communities Healthy Spaces**

**10:30 AM | Thoroughbred #2**

*Heather Norman-Burgdolf, Specialist, KY Extension Programs*

Where we spend our time impacts our overall health and wellbeing. For many, large amounts of time are spent each week within faith-based spaces. This session will describe ways to create health-promoting faith spaces and develop a plan of action that benefits all members of the faith-based organization.

### **Seriously...This is Your Brain on Drugs**

**1:00 PM | Thoroughbred #2**

*Alex Elswick, Specialist, KY Extension Program*

Why do kids start experimenting with drugs? Why do some people become addicted? We answer these questions and much more in this workshop designed to improve your understanding of substance use and addiction.

### **Incorporating Mindfulness Trails into your Programming**

**2:00 PM | Thoroughbred #2**

*Danielle Hagler, Nelson County FCS Agent*

Want to have a positive impact on the mental wellbeing of your community? During this workshop participants will be introduced to mindfulness practices, while learning about the positive benefits of nature on mental health and wellness. Participants will learn to set up and host a mindfulness trail in their own community and how to incorporate mindfulness trails into their programming.

### **Culture Connection: Creating Opportunity for Diversity, Equity, Inclusion, & Respect**

**3:15 PM | Thoroughbred #2**

*Sonya R. Jones, Georgia 4-H Youth Development Agent*

Pulaski 4-H's Culture Connection was created as a series of after school day camps to focus on the commitment of the "an opportunity for all" 4-H platform and to help with the objectives of helping promote respectful curiosity and a sense of solidarity among diverse youth, developing broader and deeper understanding of different cultures, and overcome stereotypes and assumptions.

### **The Art of Mindfulness**

**4:15 PM | Thoroughbred #2**

*Jenny Jordan, State Specialist, North Carolina*

Mindfulness is focusing your awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts, and sensations. We will create a calming space and discuss mindfulness techniques to incorporate into any 4-H program. Alongside the idea of mindfulness, participants will create a watercolor painting to reduce stress and create calm. The session will include simple strategies for adding art activities to a variety of 4-H programming and activities.

## Horse

### Horse Club Matching Game

**9:30 AM | Convention Center #1**

*Equine Task Force*

Join the 4-H Equine Task Force for a new matching game intended for 4-H Horse Clubs! Add this lesson to your arsenal for future meetings.

### Dressing Savvy for Barn, Seasonal, and

**Show: 4-H Horse Club Activity**

**10:30 AM | Convention Center #1**

*Equine Task Force*

The 4-H Equine Task Force presents a new 4-H Horse Club lesson: How to dress you & your horse in the barn/show/seasonally through a fun paper person activity. Participants will receive materials needed to implement at their next local horse club meeting.

### Importance of Regular Fecal Testing for Equine

**1:00 PM | Convention Center #1**

*Lindsay Heyvaert, KSU Extension Agent*

This workshop will cover the basics on equine internal parasites. We will go over how one can identify internal parasites through a fecal test in collaboration with a local veterinarian, what the common equine internal parasites are, and how to treat them with up to date medications and recommendations from veterinary resources. There will be a hands on activity to go over the importance of regular fecal tests.

### Equine Careers Game: A 4-H Horse Club Activity

**2:00 PM | Convention Center #1**

*Mary Jane Little, Ag Extension Associate Sr, Animal and Food Science*

Explore a new 4-H Horse Club activity featuring different career possibilities within the equine industry through a dice rolling game.

### Travel with Equines

**3:15 PM | Convention Center #1**

*Stephanie Meredith, Hardin County 4-H Program Assistant*

Want to take a trip with your horse, but not sure where to begin? Let me help you tackle traveling long distance with your favorite friend. These are my tried and true tips I have learned over years traveling with my daughter to and from horse shows as close as next county and as far as Georgia and Oklahoma.

### State of the Program: Rule Updates for the Kentucky 4-H Horse Program

**4:15 PM | Convention Center #1**

*Fernanda Camargo, Specialist, KY Horse Program*

This workshop will cover the updates for the Kentucky 4-H Horse Program. This workshop will serve as recertification for the certified leaders, and it will be recorded and posted online for recertification.

## Horticulture & Master Gardeners

### Junior Master Gardener Program

9:30 AM | **Convention Center #5**

*Ashley Osborne, Specialist, KY 4-H Program*

The Junior Master Gardener (JMG) program is an international youth gardening program for youth in grades 3rd -8th. This session will focus on the JMG Level 1 curriculum geared towards youth in the 3rd – 5th grade and will include examples of hands-on activities to do in a 4-H club setting.

### Pinnin' and Grinnin' - Insect Collections: *Part*

*1 of 2*

10:30 AM | **Convention Center #5**

*Blake Newton, Specialist, KY 4-H Program*

Attendees will learn the basics about making an insect collection, including how to pin and preserve adult insects. **Part 1 of 2.**

### Pinnin' and Grinnin' - Insect Collections: *Part*

*2 of 2*

1:00 PM | **Convention Center #5**

*Blake Newton, Specialist, KY 4-H Program*

Attendees will learn the basics about making an insect collection, including how to pin and preserve adult insects. **Part 2 of 2.**

### A Rose By Any Other Name.....

2:00 PM | **Convention Center #5**

*Dennis Morgeson, Washington County Horticulture Agent*

Roses are the Queens of the flower world, however they have a reputation for being fussy. Landscape roses are easy and require little care. In this session we will discuss rose history, cultural requirements, and how to care for the less fussy Queens of the flower world.

### Mushroom Foraging 101

3:15 PM | **Convention Center #5**

*Ellen Crocker, Specialist, Forestry and Natural Resources*

"Can I eat this mushroom?" Kentucky is home to many delicious wild mushrooms that are commonly foraged. But it also has mushrooms that can make you sick, from poisonous species that can kill with just a few bites to those that need certain preparation or that can cause an allergic reaction or medication interaction. This session will introduce key topics in safe mushroom foraging as a starting point for beginners and provide resources to help you continue learning in the future.

### Insect Quest

4:15 PM | **Convention Center #5**

*Jessica Bessin, Mercer County Horticulture Agent*

Insects are all around us, whether you like them or not! Insects play a major role in our lives when it comes to food production and the environment. Insect Quest is a summer day camp for youth interested in Entomology, this camp evolved into a monthly 4-H club. Youth learn about insects, while at the same time preparing collections for county and state fair. Join us as we share ideas and activities for your own 4-H entomology lessons.

## Leadership

### 4-H International Exchange Program

**9:30 AM | Convention Center #14B**

*Isaac Hilpp, Specialist, KY 4-H Program*

Explore the world! Kentucky 4-H offers several options for exploring the world and its culture. There is an option for you between inbound, outbound, virtual, and at your own pace! Join us and learn about these different options and how you can help young people explore the world.

### 4-H Interstate Exchange Club

**10:30 AM | Convention Center #14B**

*Catherine Webster, Simpson County 4-H Youth Development Agent, Robin Hollingsworth, Adult Volunteer, Hannah Meador, Youth Volunteer, Kate Ford, Youth Volunteer, Anabeth Webster, Youth Volunteer*

Simpson Co. 4-H participates in Interstate Exchange Trips. This club is for youth ages 13-19. The first summer Simpson Co. youth host a 4-H member from another state in their home. Throughout the week the group travels in KY/TN learning more about the state, culture, and 4-H programs. The next summer the KY youth that hosted travel and stay with the youth they hosted for a week in their home. Simpson Co. 4-H has completed nine two-year interstate exchanges. It is our longest running teen program.

### Integrating Cultural Awareness Through International 4-H Clubs

**1:00 PM | Convention Center #14B**

*Tyrone Gentry, Green County 4-H Youth Development Agent*

Gain practical hands-on ideas for integrating cultural awareness into existing leadership programs or through dedicated International 4-H Clubs.

### Kentucky 4-H Officer Team Workshop - Each One Reach One

**2:00 PM | Convention Center #14B**

*KY State Officers*

Each One Reach One, is a fun filled, challenge activity-based experience where we will discover what a mentor is and how to become a mentor through active peer coaching and encouragement of each other. Participants will learn ways to teach youth effective communication and building trust, so that in return they will take what they learned and apply it within their home clubs to build mentorship relationships with their peers to increase the membership retention within Kentucky 4-H.

### Virtual Exchange: Exploring the World from Home!

**3:15 PM | Convention Center #14B**

*Manda Clark, Fayette County 4-H Youth Development Agent*

While coordinating exchange programs has become more difficult, youth need opportunities to develop cultural competencies, empathy, and connection arguably more than ever before. In response to these needs, this team of youth development professionals from, UK Cooperative Extension, UF/IFAS Extension, and Together for Human and the Environment, initiated and delivered a six-week, summer virtual exchange program for teens in Kentucky, Florida, and Iraq. Find out how youth can get involved!

### How to Run for a 4-H State Officer Position

**4:15 PM | Convention Center #14B**

*Patrick Allen, Specialist, KY 4-H Program*

How to help volunteers encourage 4-H members to run for a 4-H Officer position. What makes a good candidate, what a good application looks like, and how to prepare them for the slating process.

## Livestock

### **Livestock Skillathon: Creating a Team**

**9:30 AM | Convention Center #2**

*Candice Hollingsworth, Shelby County 4-H Agent*

Learn more about the State Livestock Skillathon Contest and how to promote and encourage youth participation. We will discuss educational resources, meeting activities and contest rules.

### **Loving Livestock Club**

**10:30 AM | Convention Center #2**

*Nolan Pettit (McLean County) and Wade Raymer (Webster County) 4-H Youth Development Agents*

During this presentation it is my goal along with my Co-Presenter Wade Raymer to discuss how to build a successful & truly fun Livestock club from the perspectives of 4-H member, volunteer, & agent. We will also discuss different avenues that you can explore with your clubs to increase their knowledge of agriculture in general.

### **Learn how 4-H Country Ham Speech Day at State Fair Works and New Ham Requirements**

**1:00 PM | Convention Center #2**

*Tony Rose, Adair County 4-H Youth Development Agent, and Staci Thrasher, Fleming County 4-H Youth Development Agent*

Learn how judges score and judge country ham speeches at the State Fair. Learn how the awards are determined and how the new ham requirements will affect each county.

### **4-H Country Ham Project**

**2:00 PM | Convention Center #2**

*Gregg Rentfrow, Specialist, KY Extension Programs- Animal and Food Science*

The 4-H Country Ham project teaches 4-Her's about where their food comes from as well as about Kentucky's food heritage. Learn the basics of curing a country ham and how to monitor the project throughout the year. In addition, learn how to prepare your hams for judging and the speeches, as well as to prepare your county for the state fair.

### **4-H Dairy and Livestock Update**

**3:15 PM | Convention Center #2**

*Larissa Tucker, KY Extension Associate- Animal and Food Sciences*

This workshop will cover new or emerging issues in dairy and livestock projects.

### **Youth Investment Sales—4-H Livestock & 4-H Country Ham Sales**

**4:15 PM | Convention Center #2**

*Dana Anderson, Mercer County 4-H Youth Development Agent*

Teaching youth entrepreneurial skills is not taught in the traditional school classroom today. To equip our youth, we offered them the opportunity to sell their 4-H market livestock and country hams at Mercer County Investment in Youth Sale. Mercer County has experience with both a combined sale and two separate sales. We will discuss the structure of the Youth Investment Advisory Board and each sale committee. We have established a contract that youth participants must complete additional tasks in addition to the daily work for their project to sell their project at the sale. Over the year, youth learned the skills with their 4-H projects and improved personal communication skills, problem-solving, teamwork, and critical thinking skills. Workshop participants will leave with a greater understanding of how sales operate and the outcomes for the youth participants.

## Natural Resources 1

### Introduction to a Phenology Wheel

9:30 AM | [Convention Center #6](#)

*Andrea Munoz, Whitley County Program Assistant*

Phenology is the study of recurring life cycle stages in plants and animals and their relationships to the environment. These events, or phenophases, can be observed and recorded for us to remember. By creating a Phenology Wheel, you can record seasonal highlights. In this class, we will use collage to record the main changes of the four seasons in KY. Participants will also take home a blank wheel to continue observations on their own.

### Keeping it Reel at 4-H Fishing Club

10:30 AM | [Convention Center #6](#)

*Aubrey New, Campbell County Program Assistant*

At our “Keeping It Reel at Fishing Club” class you will learn how to lead and teach a successful 4-H Fishing Club. Anyone who has gone fishing, knows that fishing is so much more than just fishing. Outside of reviewing fishing basics, you will learn a variety of activities to do with your club members beyond just fishing by the water. You will also learn a variety of techniques to help your club members persevere on the days they aren’t catching fish. Join us to have a “reel” good time fishing!

### Forestry Judging How To

1:00 PM | [Convention Center #6](#)

*Rebecca Hayes, Carter County 4-H Youth Development Agent, Laurie Thomas, KY Extension Forestry Specialist, and 4-H members- Nevaeh Kouns (Carter), Ben and Hannah Falk (LaRue), Kolton Zimmerman (Fayette)*

Come learn what Forestry Judging is, how to form a team, what topics are covered in the competition, and how to study. Learn from the 2023 Kentucky 4-H National Team.

### Forestry Projects Made Easy

2:00 PM | [Convention Center #6](#)

*Eric Comley, Garrard County 4-H Youth Development Agent*

Our forestry projects are a testament to the richness of diversity of our tree species and the incredible forests you find them throughout Kentucky. The Forestry projects for County and State Fairs are scientific collections and require a certain amount of detail for them to maintain uniformity and scientific integrity. Learn about our current projects and future changes to the catalog to encourage more participation. Materials will be provided to see an example of a leaf collection page.

### KY KEEPERS: Invasive Species Certification Program

3:15 PM | [Convention Center #6](#)

*Blake Newton, Specialist, KY 4-H Program*

We will learn about the new Invasive Species Certification Program, and go through some of the material from the modules.

### Kentucky 4-H Junior Master Naturalist Program

4:15 PM | [Convention Center #6](#)

*Patrick Allen, Specialist, KY 4-H Program*

The Kentucky 4-H Junior Master Naturalist Program (JMN) is designed for youth ages 9-12 years old who are interested in nature. The JMN program includes 9 units. Each unit includes a lesson plan for the leader and Nature Challenge for the 4-H member. County 4-H programs can use the JMN units for school programs, new and/or existing clubs (such as nature, outdoor adventure, etc.), and/or individual study. Join us to learn all about the program and receive resources to take back to your community.

## Natural Resources 2

### Busy Bees

**9:30 AM | Convention Center #7**

*Rebecca Hayes, Carter County 4-H Youth Development Agent*

Learn from the Carter County 4-H Youth Development Agent, Rebecca Hayes, on how she utilizes the Bee Ambassador Program in her county to teach about pollination, secure a Kentucky 4-H Foundation Ag Mini-Grant, and install/expand an office pollinator garden.

### Educational Treasures Found on the Coast of Georgia!!

**10:30 AM | Convention Center #7**

*Rhonda Jewell (Caldwell), Jeremiah Johnson (Christian), Leslea Barnes (Crittenden), Conner Cooper (Hopkins), Mary Beth Riley (Lyon), Sharee Rushing (Livingston), Deana Reed (Meade), Lisa Hagman (Hancock) County 4-H Youth Development Agents*

The coast of Georgia has a lot of educational opportunities available to youth. From Camp Jekyll, located on Jekyll Island, to Savannah, there's more to see and do that you can even imagine! Come and join us to learn about some of the opportunities that you can share with the youth in your county. It's hands-on, youth centered learning, that will be sure to be a once in a lifetime educational experience for all!

### Invasive Plants and Their Management

**1:00 PM | Convention Center #7**

*Tony Rose, Adair County 4-H Youth Development Agent, and Staci Thrasher, Fleming County 4-H Youth Development Agent*

Invasive plants are everywhere! From our gardens to the woods, invasives can spread fast, take over, and get in the way. But there's a lot we can do to manage invasives and promote a diversity of desirable species instead. This session will focus on identifying and managing common invasive plants in Kentucky.

### Kentucky Furbearers

**2:00 PM | Convention Center #7**

*Stacy White, Whitley County ANR Agent*

In his 1893 essay "The Significance of the Frontier in American History", historian Frederick Jackson Turner famously wrote: "Stand at Cumberland Gap and watch the procession of civilization, marching single file—the buffalo following the trail to the salt springs, the Indian, the fur-trader and hunter, the cattle-raiser, the pioneer farmer—and the frontier has passed by." The Kentucky Furbearer program highlights the importance of native furbearing animals historically and ecologically.

### Robinson Center (RCARS) Program Offerings and Research Update

**3:15 PM | Convention Center #7**

*Daniel Wilson, East Regional Extension Director, Wade Turner, Assistant Director-Farm Manager, Chad Niman, Assistant Director Wood Center, and John Reinstetl, Assistant Director- Robinson Forest*

Participants will learn about the Robinson Center (RCARS) which is the East Region UK Research Farm located at Quicksand, KY. The objectives will be to learn about the various levels of programming offerings and research being done at the Robinson Center. Those categories include: Research Farm, Wood Center and Robinson Forest. The various projects available for any group to participate in throughout the state will be discussed.

### 4-H Water Loggers Stream Team

**4:15 PM | Convention Center #7**

*Paula Tarry, Barren County 4-H Youth Development Agent, Landyn Houchen, Barren County Program Assistant, Jordan Crain, Barren County FCS Agent*

What is a watershed and how does it affect your drinking water? Do you know what's in your stream in your backyard? This workshop will provide you with the tools to start a 4-H Stream Team Club and learn the answers to these questions. Having a 4-H Stream Team will teach the 4-H'ers the positive and negative affects you can have on your drinking water and environment. The 4-H'ers will also learn the aquatic macroinvertebrates that live in streams and learn how to identify them.

## Project Judging

### 4-H Photography: Judging Photography

Projects: *Part 1 of 2*

**9:30 AM | Convention Center #14A**

*Mike Meyer, Specialist, KY 4-H Program and Eric Comley, Garrard County 4-H Youth Development Agent*

Participants will gain a focus and understanding of evaluating photography projects in Kentucky 4-H. The focus will be on understanding the scoring rubric, defining judging criteria and choosing class, division, and overall champion entries. **Part 1 of 2.**

### 4-H Photography: Judging Photography

Projects: *Part 2 of 2*

**10:30 AM | Convention Center #14A**

*Mike Meyer, Specialist, KY 4-H Program and Eric Comley, Garrard County 4-H Youth Development Agent*

Participants will gain a focus and understanding of evaluating photography projects in Kentucky 4-H. The focus will be on understanding the scoring rubric, defining judging criteria and choosing class, division, and overall champion entries. **Part 2 of 2.**

### Electricity Judging for Project Days and Fairs:

*Part 1 of 2*

**1:00 PM | Convention Center # 14A**

*Torey Earle, Specialist, KY 4-H Program*

In this workshop, participants will have the opportunity to participate in hands-on learning about proper and safe practices in the 4-H Electricity Project. Instruction will be provided on what to look for, how to spot correct and incorrect practices, and what the judges at the Kentucky State Fair are actually looking for. Those participating then will have the opportunity to judge actual 4-H Electric exhibits based on what they have learned. **Part 1 of 2.**

### Electricity Judging for Project Days and Fairs:

*Part 2 of 2*

**2:00 PM | Convention Center # 14A**

*Torey Earle, Specialist, KY 4-H Program*

In this workshop, participants will have the opportunity to participate in hands-on learning about proper and safe practices in the 4-H Electricity Project. Instruction will be provided on what to look for, how to spot correct and incorrect practices, and what the judges at the Kentucky State Fair are actually looking for. Those participating then will have the opportunity to judge actual 4-H Electric exhibits based on what they have learned. **Part 2 of 2.**

## Teaching Techniques

### Icebreakers, Energizers, and Games, Oh My! Making Adult Learning Fun

**3:15 PM | Convention Center # 14A**

*Harriett Edwards, Specialist, NC 4-H Youth Development Program*

I've got complex materials to cover; is there a fun way to liven up the presentation? Icebreakers and energizers are great tools to enhance delivery and help make learning more engaging. This session is designed to create an awareness of the tools available, share best practice strategies for using these training tools, and review some basics of adult learning. Come ready to participate as we practice and have fun!

### Putting Pizzazz in Your Meeting Toolbox.

**4:15 PM | Convention Center # 14A**

*Gretchen Gasvoda-Kelso, Wyoming 4-H Youth Development Agent*

Putting Pizzazz in your Toolbox includes twelve interactive activities, giving volunteers and youth ideas to be inclusive to all meeting attendants throughout the year. Research shows youth and adults need to know they are cared about and feel a sense of connection to others in the group. A selection of activities showcases the reinforcement of the essential elements. Activities encourages participation at all levels from youth to adult volunteers in all roles, providing positive learning.

### **Squishy Circuits**

**9:30 AM | Convention Center #9B**

*Hunter Carroll and Carissa Miske*

This workshop shows hands on learning with playdough, battery packs, circuits, and modeling clay. This shows kids about electricity and the difference between open and closed circuits.

### **Arcs & Sparks**

**10:30 AM | Convention Center #9B**

*Molly Jordan, Bracken County 4-H Youth Development Agent*

In this workshop we will learn all about SMAW. We will also cover fun ways of teaching youth how to weld, shop safety, and other topics regarding welding.

### **Let's Go Places with Legos**

**1:00 PM | Convention Center #9B**

*Tina Hogue, Monroe County 4-H Youth Development Agent*

Lego Club has sparked creativity and critical thinking skills in the youth of Monroe County. By setting specific goals for each monthly meeting, the leaders have seen tremendous growth in leadership, imagination, and communication skills. Finding partners within the community has been one key to success. Another key is community involvement in fundraising to allow youth to go outside their community. By partnering with the National Corvette Museum, the Lego club is reaching outside our county.

### **Up, Up and Away: Part 1 of 2**

**2:00 PM | Convention Center #9B**

*Tyler London, KSU Ag Tech, Jacob Hall, KSU 4-H Youth Development Agent*

Simple walkthroughs for how to apply drones for school and club purposes. Using coding and other elements to diversify the way we use drones.

**Part 1 of 2.**

### **Up, Up and Away: Part 2 of 2**

**3:15 PM | Convention Center #9B**

*Tyler London, KSU Ag Tech, Jacob Hall, KSU 4-H Youth Development Agent*

Simple walkthroughs for how to apply drones for school and club purposes. Using coding and other elements to diversify the way we use drones.

**Part 2 of 2.**

### **STEM Curriculum- Easier said AND done!**

**4:15 PM | Convention Center #9B**

*Genaea Sarantakos, Fayette County 4-H Youth Development Agent*

STEM: the buzz word! But, it doesn't have to be overwhelming. Looking to implement an after-school club? Wanting to partner with your school system but aren't sure where to begin? Do you think that STEM is way 'above your head' and out of your comfort zone? Join this course to learn easy strategies and activities to implement and reach further to meet the needs of STEM programming in your county!

## Small Animals

### **4-H Dog Club Activities - Fun Activities With Or Without Furry Friends**

**9:30 AM | Convention Center #3**

*Gi Boylan, Anderson County Volunteer*

This workshop will showcase activities and games that will help make learning about dogs fun. These activities can be used with skillathon practice as well as dog training. Activities will include Musical Breeds, Kahoot! Games, Dog Bowl Jeopardy, No Pull Racing, Leave It Challenge, Hide and Seek Games and more.

### **Working Canine and How they Benefit our Communities**

**10:30 AM | Convention Center #3**

*Christy Warrington, Adair County 4-H Volunteer*

Working Canines have a huge impact on our community. There are many different types of working canines, bomb dogs, narcotic dogs, police dogs, SAR dogs, service dogs. The amount of training that goes into these dogs is amazing. And the bond these canines have with their handlers is incredible. Some breeds will do better as working canine than others: drive, manageability, socialization, built and size, all play a huge role into what these dogs are able to do.

### **Hopping into 4-H Rabbit Programs & Shows**

**1:00 PM | Convention Center #3**

*Will Tucker and Carla Nash, Breckinridge County 4-H Volunteers*

Hop into a jam-packed workshop on 4-H Rabbit programs at the county and state level. Participants will learn from successful 4-H volunteers about how to manage a local rabbit program, ideas for fun and hands-on club meetings, and ways to conduct a rabbit show at county and state levels. This workshop will be fun "fur" all ages!

### **Hopping into Pet Rabbit Projects**

**2:00 PM | Convention Center #3**

*Claire Linepense, Ohio 4-H Youth Development Agent*

Are you looking to "hop" into a fun animal project? Well this is the class for you! This beginner pet rabbit class is perfect for those exploring rabbits as a 4-H pet project. You will learn tips and tricks for new pet rabbit owners and discuss the pros and cons of rabbit ownership.

### **It's Showtime! : Rabbit Showmanship Tips**

**3:15 PM | Convention Center #3**

*Holly Laytart, Harrison County 4-H Program Assistant*

Walk through rabbit showmanship steps and descriptions and learn how to have a fun, stress-free showmanship contest.

### **Teaching Youth Farm Biosecurity with a Fun & Interactive Activity**

**4:15 PM | Convention Center #3**

*Calyn Colston, Calloway County 4-H Agent*

Learn to teach your county youth about farm biosecurity with a fun and interactive activity using supplies that most extension programs already have. Biosecurity can always be improved on the farm, so learn how to guide your youth and their parents on better biosecurity practices for their farm AND educate them on why they are important.

## Camp

### What is a Cabin Chat?

**8:15 AM | Convention Center #9B**

*Joey Barnard, Specialist, KY 4-H Program*

Cabin Chat is a time at the end of each day for our campers to come together and reflect on their day or week and connect with their cabin mates. It's a powerful way to debrief the day and allow campers to have a moment to speak from their experience and listen to the perspectives of other individuals. Cabin chats can help campers "gear down" and get ready for bed, assist in the processing of the day's activities, and produce a positive rapport in the cabin group.

### Not Your Grandma's Old Camp Classes

**9:15 AM | Convention Center #9B**

*Scott Darst, Madison County 4-H Youth Development Agent, Casey Faulkner, Nick Lunsford, Madison County 4-H Program Assistants*

We want this class to be a relaxed atmosphere so agents and volunteers can share what unique classes they offer at their camp sessions. We will also go over some of the unique camp classes Madison County offers to their campers. We will have some hand outs and even some pretty rad hands-on examples.

### Naturally Fun: Being an Environmental Education Volunteer

**10:15 AM | Convention Center #9B**

*Andy Lewis, Camp Program Coordinator, North Central 4-H Camp*

It's more than just summer camp! There are many opportunities to utilize camp, especially for Environmental and Natural Resource programming! Come learn about our Environmental Education Camps (and how you can get involved), how camp can support outdoors/natural resource club work, and how you can incorporate outdoor experiences into pretty much any club you have!

### CSI: Clover Investigation

**1:45 PM | Convention Center #9B**

*Holly Laytart, Harrison County 4-H Program Assistant*

Participants will engage in hands on activities that correlate with real life investigation techniques. Learn Chromatography, handwriting analysis and fingerprinting.

### Camp Deans: The source of Lots of Camp Magic

**2:45 PM | Convention Center #9B**

*Cathy Weaver, Jessamine County 4-H Youth Development Agent, Adam Teater and Danny Eades, Jessamine County 4-H Volunteers*

We all hear about "Camp Magic" but who is really behind it all?? One of those team members is our Camp Deans! Camp Deans of Men and Women can be the source of camp magic, working behind the scenes to ensure a smooth week of summer camp. Come learn some tips and tricks to help your agents out, to provide a magical experience for your 4-H campers, and have a little fun yourself!

## Cloverbuds

### Exploring Different Cloverbud Club Ideas

**8:15 AM | Convention Center #7**

*Deanna Ashmore, Mercer County 4-H Program Assistant*

With nine different cloverbud programs in Mercer County we want to share what we have to those just starting their cloverbud programs or looking to grow them. We will discuss everything from what clubs have worked best, how we advertise each club, lesson plans, how the clubs are run, and more!

### Cloverbuds - 4-H Explorers

**9:15 AM | Convention Center #7**

*Kristin Whitehead and Sadie Perkins, Harrison County 4-H Volunteers*

Join this workshop to learn from teen leaders how they successfully implement a 4-H Cloverbud Club in their county! Participants will develop their own potential program outline, think through logistics that increase success of Cloverbud club meetings, and learn how to utilize teens effectively with this club.

### The Buzz about Honeybees

**10:15 AM | Convention Center #7**

*Macy Fawns, Mason County Horticulture Agent*

We will cover topics about honeybees and techniques on how to keep the attention of kids during this topic.

### Cloverbuds Are People Too! *Part 1 of 2*

**1:45 PM | Convention Center #7**

*Leah Haxton, Oklahoma 4-H Program Coordinator*

Cloverbuds are people too! Come and learn what Cloverbuds can do. In this workshop we will cook using a 3-ingredient recipe, learn basic sewing techniques by sewing the 4-H clover, go away with a photography tips book, learn the 4-H motto and start your Cloverbud 4-H Record Book. **Part 1 of 2.**

### Cloverbuds Are People Too! *Part 2 of 2*

**2:45 PM | Convention Center #7**

*Leah Haxton, Oklahoma 4-H Program Coordinator*

Cloverbuds are people too! Come and learn what Cloverbuds can do. In this workshop we will cook using a 3-ingredient recipe, learn basic sewing techniques by sewing the 4-H clover, go away with a photography tips book, learn the 4-H motto and start your Cloverbud 4-H Record Book. **Part 2 of 2.**

## Club Management

### **What is CLOVER? Learn the Top 3 Ways to Make this New Initiative Work for You.**

**8:15 AM | Convention Center #9A**

*Estella McCollum, National 4-H Council VP, eCommerce*

In this session you will get a general overview of what CLOVER is and why it was developed. You will also be provided with the top 3 ways that CLOVER can be used to help reach existing and new 4-Hers with a wide variety of content topics, gain access to data and analytics, and use that data to help develop new programming ideas.

### **Ten Leadership Skills 4-Her's Need to Thrive:**

*Part 1 of 2*

**8:15 AM | Convention Center #8**

*Karla Knoepfli, Specialist, Oklahoma 4-H Program, Leah Haxton, Program Coordinator, Oklahoma 4-H Program*

Thriving youth possess a growth mindset that supports efforts in learning over innate ability. Join us as we explore 10 skills and activities which can be used to challenge and support youth as we guide them in learning, growing, and accepting responsibility as leaders. We will explore how volunteers can establish a safe and healthy environment that develops confidence and a growth mindset. **Part 1 of 2.**

### **Ten Leadership Skills 4-Her's Need to Thrive:**

*Part 2 of 2*

**9:15 AM | Convention Center #8**

*Karla Knoepfli, Specialist, Oklahoma 4-H Program, Leah Haxton, Program Coordinator, Oklahoma 4-H Program*

Thriving youth possess a growth mindset that supports efforts in learning over innate ability. Join us as we explore 10 skills and activities which can be used to challenge and support youth as we guide them in learning, growing, and accepting responsibility as leaders. We will explore how volunteers can establish a safe and healthy environment that develops confidence and a growth mindset. **Part 2 of 2.**

### **Appreciating Volunteers and Others: Creating Connections and Belonging**

**10:15 AM | Convention Center #8**

*Jamie Morris, Specialist, Indiana 4-H Program*

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Dr. Maya Angelou. This session will provide ideas and ways to make people feel good and make a memorable 4-H experience through appreciation! Come join this engaging, hands on session to gather inspiration, ideas and samples of appreciation techniques to incorporate gratitude into your 4-H programming.

### **Leading with Positivity: Inspiring Youth to Thrive**

**1:45 PM | Convention Center #8**

*Jamie Morris, Specialist, Indiana 4-H Program*

Come engage in a fun and inspiring session to ignite positivity in yourself, your life and your interactions with youth! This session is founded on the principles from the book *The Power of Positive Leadership* and woven into real life application of these principles with 4-H youth, volunteers and professionals. Participants will leave with a smile on their face and ways to be a positive force in the lives of youth.

### **Conversation with the Director**

**2:45 PM | Convention Center #8**

*Rachel Guidugli, Assistant Extension Director of 4-H Youth Development*

This session will feature a guided conversation with Dr. Rachel Noble Guidugli, Assistant Director of Extension for 4-H Youth Development. Come prepared to offer insight, and your own personal perspective on the Kentucky 4-H Program at the various levels. This will be an opportunity for the Director to hear from volunteers on what trends and needs are occurring across the state so we can better reach all youth.

## Communication & Expressive Arts 1

### Exploring Portfolio Pathways: Intro Print Making: *Part 2 of 2*

**8:15 AM | Convention Center #12**

*Allison Denny, KSU Community Arts Agent*

Come learn about various printmaking methods in these two workshops! Participants will learn how to carve a linoleum block and make a wax resist print in the first class, then print their designs in the next class. You will then be able to take home your carved block, your prints, and instructional handouts with a supply list. This workshop fits into the following categories for state fair: 6029 Arts Division, 738 Wax Resist Print and 740 Linoleum Print. **Part 2 of 2.**

### Wire Sculpture: Creating a Wire Tree Sculpture with a Twisting Trunk: *Part 1 of 2*

**9:15 AM | Convention Center #12**

*Susan Miller, Boone County Program Assistant*

Come bend branches, twist trunks and rotate roots as you sculpt a wire tree. In this hands-on workshop, we'll discuss basic art elements of sculpture and you'll create a miniature tree that can be replicated within youth and adult programming. **Part 1 of 2.**

### Wire Sculpture: Creating a Wire Tree Sculpture with a Twisting Trunk: *Part 2 of 2*

**10:15 AM | Convention Center #12**

*Susan Miller, Boone County Program Assistant*

Come bend branches, twist trunks and rotate roots as you sculpt a wire tree. In this hands-on workshop, we'll discuss basic art elements of sculpture and you'll create a miniature tree that can be replicated within youth and adult programming. **Part 2 of 2.**

### Coming of Age: Seeing 4-H through Graphic Design: *Part 1 of 2*

**1:45 PM | Convention Center #12**

*Karla Knoepfli, Specialist, Oklahoma 4-H Program*

4-H provides many opportunities to develop confidence and skills in being an effective communicator. The life skill of communication is about conveying thoughts, ideas, and information. Graphic design is a form of communication used in posters, displays, flyers, digital presentations, video, logos, t-shirts, web design, and so much more! Return home better prepared to help youth see the importance of graphic design in society and in mastering their skills to become better communicators. **Part 1 of 2.**

### Coming of Age: Seeing 4-H through Graphic Design: *Part 2 of 2*

**2:45 PM | Convention Center #12**

*Karla Knoepfli, Specialist, Oklahoma 4-H Program*

4-H provides many opportunities to develop confidence and skills in being an effective communicator. The life skill of communication is about conveying thoughts, ideas, and information. Graphic design is a form of communication used in posters, displays, flyers, digital presentations, video, logos, t-shirts, web design, and so much more! Return home better prepared to help youth see the importance of graphic design in society and in mastering their skills to become better communicators. **Part 2 of 2.**

## Communication & Expressive Arts 2

### **Communicating with Ease through Curious Conversation**

**8:15 AM | Convention Center #13**

*Kirsten Cowan, Maryland 4-H Youth Development Agent*

This session will focus on how volunteers can provide effective communication and transformative leadership in a challenging ever-changing world. It will provide steps on using curious conversation and deep listening to build trust and mutual respect all while developing a deeper understanding of the why behind youth and family's actions. We will explore how to inspire collaboration and strategically find common ground to achieve meaningful change and growth in existing or new clubs/units.

### **Trash to Fine Art**

**9:15 AM | Convention Center #13**

*Aayme Kindoll, Carroll County Volunteer*

Learn how to make beautiful mixed media art pieces using all kind of bits and pieces to make a piece of art and teach your 4-H group how to make these art pieces.

### **Story Telling: 5 Steps to Unforgettable Stories**

**10:15 AM | Convention Center #13**

*Morelia Falcon, Deja Hatchett, Former State 4-H Officers*

Storytelling: the most impactful, powerful way to reach your audience. Have you ever wondered what makes a motivational speaker or teacher, fantastic at what they do? The key lies in a few shockingly simple steps to crafting stories that inspire and captivate your audience. In this workshop, we will dive deep into the anatomy of a great story and its capacity to truly change your communication.

### **Unit of Diversity and Creative Empathy: Part 1 of 2**

**1:45 PM | Convention Center #13**

*Dr. Miwon Choe, Project Art2Dream Coordinator, Western Kentucky University*

"Unity of Diversity" represents our creative art bridges to affirm, heal, and connect toward bringing us together. Come and experience how a simple poetry from Appalachian mountains, Aboriginal dot paintings, as well as Islamic metal images of sacred geometry expand our imagination muscles, creative hearts, and our hands. No prior art experience is needed, and all instructional resources will be provided. Cost \$10 collected at the door. **Part 1 of 2.**

### **Unit of Diversity and Creative Empathy: Part 2 of 2**

**1:45 PM | Convention Center #13**

*Dr. Miwon Choe, Project Art2Dream Coordinator, Western Kentucky University*

"Unity of Diversity" represents our creative art bridges to affirm, heal, and connect toward bringing us together. Come and experience how a simple poetry from Appalachian mountains, Aboriginal dot paintings, as well as Islamic metal images of sacred geometry expand our imagination muscles, creative hearts, and our hands. No prior art experience is needed, and all instructional resources will be provided. Cost \$10 collected at the door. **Part 2 of 2.**

## Crafts 1

### Creating Mosaic Coasters

**8:15 AM | Convention Center #10**

*Cynara R. Perez-Switzer, Boyle County Program Assistant*

Participants will learn about adhesives, grout, and tile options needed to create this mosaic coaster. All supplies are included, as well as grout to take home and apply the next day.

**Cost: \$8.00.**

### Fascinating Felting

**9:15 AM | Convention Center #10**

*Ginny Butsch, Campbell County Program Assistant*

Learn two different wool felting methods (wet felting and needle felting) that can be used to create cozy crafts and jewelry!

### Weaving on a Matboard Loom

**10:15 AM | Convention Center #10**

*Cynara R. Perez-Switzer, Boyle County Program Assistant*

Participants will identify and define weaving terms, learn and practice weaving techniques, list the supplies necessary to create a basic weaving project, and operate an inexpensive loom. Participants will have the option to complete either a bookmark or mug rug. The cost for the class is \$3.00 per person for the kit.

### Welcome to the World! Knitted Service Project

**1:45 PM | Convention Center #10**

*Debbie Morris, Boyle County Program Assistant*

Research tells us community service accomplished during their 4-H careers is one of the most valuable experiences 4-H alumni claim. Hands-on projects youth can complete and donate are at a premium. In this workshop, participants will make a baby toboggan on a knitting loom, creating a donation suitable for local maternity facilities. This project is state-fair eligible in class 1074/1075 Loom Knitting.

**Max: 30. Cost: \$8.**

### Soothing Scribbles

**2:45 PM | Convention Center #10**

*Ginny Butsch, Campbell County Program Assistant*

Level up your doodling! Learn how Zentangles, Mandalas, and Pointillism can be used to calm and refocus your mind.

## Crafts 2

### **Cloverbud Crafty Crafts**

**8:15 AM | Convention Center #11**

*Robin Grace, Fayette County Program Assistant*

Have you ever been lost for ideas on crafts for Cloverbuds? Then this workshop is for you! You will come away with samples and ideas of easy craft ideas that you can use without a lot of preparation or money. **Cost is \$5/person.**

### **Sun Catcher Craft for Camp**

**9:15 AM | Convention Center #11**

*Abbi Hunter, Henry County Volunteer, Cathy Toole, Henry County 4-H Youth Development Agent*

Learn how to create a sun catcher using a canning lid and a few creative techniques.

### **Rags to Riches Wreath**

**10:15 AM | Convention Center #11**

*Faye Korthaus and Debi Reinke, Oldham County Volunteers*

Create a "Rags to Riches" Wreath using fabric and wooden pieces. Crafters will add fabric to a wire wreath and paint decorative wooden pieces to create this unique wreath. All supplies needed to complete this wreath are included in the kit. Fabric colors and signage may vary. **Maximum: 20, Cost \$18 at the door.**

### **Wooden Bunny Rabbit**

**1:45 PM | Convention Center #11**

*Faye Korthaus and Debi Reinke, Oldham County Volunteers*

Create a wooden Bunny Rabbit just in time for your spring decorating. Crafters will paint and decorate a recycled 2"x4" to create this one of a kind Bunny Rabbit. All the paint, wood pieces, felt and wire are included in your craft kit. Wood sizes and felt colors may vary.

**Maximum: 20, Cost \$15 at the door.**

### **Seasonal Garland**

**2:45 PM | Convention Center #11**

*Faye Korthaus and Debi Reinke, Oldham County Volunteers*

Create a Burlap Garland for four different seasons or holidays. Crafters will choose four holidays or seasons to decorate for by cutting out designs from fabric and adhering that fabric to burlap pennants. Fabric colors and designs may vary. All the fabric, adhesive, burlap pennants, clothes pins and jute are included in your craft kit.

**Maximum: 20, Cost \$15 at the door.**

## FCS Adult

### **Clover Kitchen Camp**

**8:15 AM | Hyatt-Regency #3**

*Cathy Weaver, Jessamine County 4-H Youth Development Agent*

Do you ever wish you had more time to teach fun and exciting things in your 4-H cooking programs? The implementation of the Clover Kitchen Camp teaches youth the basics, and puts those basics into practice, preparing them to participate in all other county level 4-H cooking programs. It allows for more in depth instruction in cooking classes and clubs. It is a one-time program youth graduate from before other county level participation.

### **Making “Friendship Soup” and Recipes for Dry Soup Mixes in a Mason Jar**

**9:15 AM | Hyatt-Regency #3**

*Violet Barbee, Fleming County Volunteer*

What’s more thoughtful, kind, and loving than giving the gift of cozy soup? I think these dry soup mixes are the perfect handmade gift or “Thank You” gift for you to give to all your loved ones. They are affordable to make, they are super delicious, they are thoughtful, and my favorite part—they are consumable. These soups only use ingredients you can get at a regular supermarket. You can make up enough of these for everyone on your list in less than an hour. Alright, let’s make soup! **Cost is \$5.**

### **Pumpkin Pie in a Bag**

**10:15 AM | Hyatt-Regency #3**

*Lora Stewart, Gallatin County 4-H Youth Development Agent*

American settlers made pumpkin pie inside of the pumpkin shell. Learn how to make a modern version by making pumpkin pie in a bag. You will receive the recipe for several other food in a bag activities.

### **How to Eat Fried Worms (Well, not really, but how to make fun snacks that look like bugs and critters)**

**1:45 PM | Hyatt-Regency #3**

*Martha Yount, Retired KYNEP Specialist*

Select this hands-on class to learn simple recipes for healthy snacks with a nature theme. Use basic food preparation skills to transform fruits, vegetables, and other nutritious foods into a menagerie of insects and other critters.

### **The Basics of Chocolate**

**2:45 PM | Hyatt-Regency #3**

*Christy Eastwood, Carroll County FCS Agent*

Learn how chocolate can have health benefits if eaten in moderation. Tempering chocolate is a must when working with chocolate. Find out the tempering process and why it’s so important. Sampling chocolate during the workshop will give you the opportunity to test your chocolate palette.

## FCS 4-H - Track 1

### **Cooking Up Life Skills in the Kitchen - With Special Needs Youth**

**8:15 AM| Hyatt- Regency #1**

*Cathy Fellows, Boone County 4-H Youth Development Agent*

Learn how to create a cooking program for youth with special needs. This program will guide you on ways to empower youth with special needs in the kitchen. Not only will they develop basic cooking skills they will also learn important life skills.

### **Piggy Bank Power: Contest Teaches Kids to Save**

**9:15 AM| Hyatt- Regency #1**

*Kelly May, KEHA State Advisor and State Specialist, KY FCS Program*

Each year UK Cooperative Extension hosts a Piggy Bank Design Contest for students. Winning entries have been displayed in the state Capitol building in Frankfort as part of the state's Kentucky Saves celebration. Find out how this contest is a creative way for youth to learn the importance of saving money. The contest is open to school students K-12 attending public, private, or home school in Kentucky. Find out how you can work with your county Extension office to help host this contest locally.

### **Beginner Embroidery**

**10:15 AM| Hyatt- Regency #1**

*Kathy King, Boyd County Volunteer*

Embroidery is becoming more and more popular among our young people. This workshop teaches you the basics to get started on your own embroidery adventure so you can lead others along the way.

### **Homesteading: A New Skill or an Old One? 1:45 PM| Hyatt- Regency #1**

*Pam Meador, Simpson County 4-H Volunteer*

Participants will be introduced to the concept of a Homesteading club where 4-H members will be introduced to several different aspects of homesteading in the program year. Although the name sounds specialized like many other current clubs, in fact, leaders will be able to draw guest speakers/presenters from specialized clubs in your community to add variety and depth to your meetings. Adding new skills to your 'tool box' can be done in an urban setting or a rural one. Land owning has no impact.

### **Spark Interest through Cake Decorating!**

**2:45 PM| Hyatt- Regency #1**

*Aubrey Lawson, Clark County 4-H Agent*

What child doesn't love cake and icing? In this workshop we will discuss how you can utilize these tasty treats to "spark" interest from your 4-H members. Organizing a cake decorating club and hosting a Cupcake Wars event for your 4-H members is a fantastic way to teach life skills, promote community development, encourage healthy competition, and provide an enjoyable learning experience. We will provide you with a step-by-step guide on getting started and you will leave with tools for planning and organizing a cake decorating club, cupcake wars preparation, hosting the cupcake wars event, and ideas for additional programming to continue to build the experience.

## Health and Wellbeing

### **4-H Youth Strong: Helping Youth and Families in Times of Disaster and Stress: Part 1 of 2** **8:15 AM | Hyatt-Suites (2nd Floor)**

*Chuck Stamper, Specialist, KY 4-H Program*

This workshop will provide an in-depth look at how stress, trauma and disasters affect the mental health of youth. The workshop will also provide strategies to support youth and families in communities across the state of Kentucky as well as guidance on how best to implement the Youth Strong manual and accompanying activities into 4-H, school and community settings. Adults will leave with the manuals to implement the Youth Strong curriculum within their community. **Part 1 of 2.**

### **4-H Youth Strong: Helping Youth and Families in Times of Disaster and Stress: Part 2 of 2** **9:15 AM | Hyatt-Suites (2nd Floor)**

*Chuck Stamper, Specialist, KY 4-H Program*

This workshop will provide an in-depth look at how stress, trauma and disasters affect the mental health of youth. The workshop will also provide strategies to support youth and families in communities across the state of Kentucky as well as guidance on how best to implement the Youth Strong manual and accompanying activities into 4-H, school and community settings. Adults will leave with the manuals to implement the Youth Strong curriculum within their community. **Part 2 of 2.**

### **H.E.R.O.E.S. Program for Special Education** **10:15 AM | Hyatt-Suites (2nd Floor)**

*Sonya R. Jones, Georgia 4-H Youth Development Agent*

Pulaski 4-H strives to create a safe and inclusive environment to young people of all beliefs and backgrounds regardless of their gender, race, ethnicity, and/or disability. Pulaski 4-H celebrates differences and promotes inclusion, diversity, & equity. H.E.R.O.E.S. (Hope 4 Everyone to Recognize in Others Extraordinary Skills) is a program created for elementary and middle school special education students in Pulaski County, Georgia.

### **Wellness Wednesday Workshop** **1:45 PM | Hyatt-Suites (2nd Floor)**

*Aubrey New, Campbell County Program Assistant*

As adults, we are taught to “take time for ourselves”, which can seem like a hassle in our day to day life. If we teach children that taking time for ourselves is important, it will become a habit for them, and seem more of a priority than stress as an adult. Join us at our Wellness Wednesday Workshop to learn the importance of health and wellness, how to educate children on the topic, and learn activities children can complete in class and incorporate at home.

### **Fitness for Life** **2:45 PM | Hyatt-Suites (2nd Floor)**

*Shelley Meyer, Harrison County FCS Agent*

Learn fun, creative, and hands-on fitness ideas for incorporating physical activity in 4-H meetings, activities, and all Cooperative Extension programs.

## Horse

### Just Horsin' Around

**8:15 AM | Convention Center #1**

*Paula Jerrell, Ballard County 4-H Youth Development Agent*

Come get some ideas for using and enhancing lessons from the AYHC Youth Leaders Manual and Horse Kit. Lesson materials/supplies will be given as door prizes.

### Equipment Check for the 4-H Horse

**Program: Part 1 of 2**

**9:15 AM | Convention Center #1**

*Fernanda Camargo, Specialist, KY Horse Program, Larry and Linda Starnes, Edmonson County 4-H Volunteers*

Join us in learning what bits, shoes, and other equipment are considered legal and which ones are illegal in specific classes of the State 4-H Horse Show. **Part 1 of 2.**

### Equipment Check for the 4-H Horse

**Program: Part 2 of 2**

**10:15 AM | Convention Center #1**

*Fernanda Camargo, Specialist, KY Horse Program, Larry and Linda Starnes, Edmonson County 4-H Volunteers*

Join us in learning what bits, shoes, and other equipment are considered legal and which ones are illegal in specific classes of the State 4-H Horse Show. **Part 2 of 2.**

### Kentucky 4-H Horse Program Advisory Council Meeting: Part 1 of 2

**1:45 PM | Convention Center #1**

*Fernanda Camargo, Specialist, KY Horse Program*

This workshop is for certified leaders as well as agents, and any youth involved in the Horse Program. This will serve as the annual advisory council meeting for the 23/24 program year. We will discuss ideas and suggestions and vote on rule recommendations. **Part 1 of 2.**

### Kentucky 4-H Horse Program Advisory Council Meeting: Part 2 of 2

**2:45 PM | Convention Center #1**

*Fernanda Camargo, Specialist, KY Horse Program*

This workshop is for certified leaders as well as agents, and any youth involved in the Horse Program. This will serve as the annual advisory council meeting for the 23/24 program year. We will discuss ideas and suggestions and vote on rule recommendations. **Part 2 of 2.**

## Horticulture & Master Gardeners

### How to Create a 4-H Garden and Orchard Display

**8:15 AM | Convention Center #5**

*Jessica Wells, Harrison County Horticulture Agent*

The 4-H Horticulture Garden and Orchard Display, Class 574, at the Kentucky State Fair is always a fun class to look at while walking through the 4-H Horticulture Cloverville area. However, although beautiful, sometimes the exhibits do not correctly meet all of the requirements to place well in the class. In this session, we will discuss how to make a Garden and Orchard Display to grab first prize at your county and state fair!

### Native Plants in the Landscape

**9:15 AM | Convention Center #5**

*Tyler Wayland, Native Seed Industry, Hart County, KY*

In this workshop we will explore the increasing need for successful native plant restoration across the landscape. There will be a brief overview of commercial native seed production, and discussion on strategies and techniques for using native seeds within a landscape setting.

### Growing Tomatoes 101

**10:15 AM | Convention Center #5**

*Kara Back, Taylor County Horticulture Agent*

Learn about different tomato varieties, light requirements for transplants, required planting space, and fertilizer requirements.

### Apple Grafting

**1:45 PM | Convention Center #5**

*Kara Back, Taylor County Horticulture Agent*

Participants will learn how to cut scion wood, obtain rootstock, and graft the two together. They also will learn about apple tree selection and care.

### The Basics of Tree Identification

**2:45 PM | Convention Center #5**

*Tyson Gregory, Woodford County Horticulture Agent*

Trees are the foundational components of our man-made landscapes and natural areas. For many people, identifying these keystone organisms can seem like a daunting task with no clear path to start down. From plant anatomy to helpful resources, you'll get a crash course in the basic fundamentals of tree identification and learn how easy tree identification can be. By the end of this workshop you will have the skillset to actually see the trees within the forest.

## Leadership

### Sunshine Day at the Fair

**8:15 AM | Convention Center #14B**

*Lois Carter, Bourbon County 4-H Youth Development Agent, Savannah Robin (Volunteer), Sandy Hedges-Livingood (Volunteer), Andi-Jane Robin (4-H'er), Finleigh Robin (4-H'er)*

At the 2023 Bourbon County Fair, Extension staff and volunteers partnered with the Fair Board to offer a variety of inclusive events for individuals with special needs. One was a sensory aware time when the fair was opened with limited rides and concession vendors without all the sounds and lights. There was also a livestock event, which allowed those who would have challenges showing livestock in a traditional show to show an animal. We will share how these were planned and implemented.

### Progressive 4-H Experience

**9:15 AM | Convention Center #14B**

*Patrick Allen, Specialist, KY 4-H Program*

What is a progressive 4-H experience? Learn the importance of cultivating progressive 4-H members through high quality 4-H experiences. Learn about events and activities available to 4-H members and how these relate to a progressive 4-H experience.

### Cultivating a "Growth Mindset" in 4-H Programs

**10:15 AM | Convention Center #14B**

*Mike Meyer, Specialist, KY 4-H Program*

Helping youth "thrive" through 4-H programs means creating a culture where setbacks or failures are seen as a learning opportunity. This workshop will focus on the importance of implementing a "growth mindset" in our 4-H programs and the impact that it can have on helping youth develop personal drive and determination to do better, even through their biggest challenges!

### Reaching New Horizons - Exploring Career Pathways through 4-H

**1:45 PM | Convention Center #14B**

*Mark Mains, Director for Workforce Development and Equity Initiatives*

4-H'ers discover their \*SPARKS\* through project work and activities. Our 4-H volunteers can help them reach toward new horizons by integrating an understanding of workforce and career pathways into projects and activities. In this session, volunteers will learn more about this approach and create a career pathway chart that illustrates job opportunities based on 4-H interest. This is a great way to tie everyday activities to real world outcomes!

### Leadership Strategies

**2:45 PM | Convention Center #14B**

*Davante Hollowell, Ballard County Volunteer*

Teens learn positive leadership techniques and on how to deal with a diverse group of people.

## Livestock

### What's in your Food? Learn about Animal Products that Goes into our Food

**8:15 AM | Convention Center #2**

*Heather Fehd, Henderson County 4-H Livestock Club Leader*

This hands-on lesson is fun to do and teaches participants about the types of animals that go into our food system and what parts of these animals go where. Participants will be blind-folded for taste-testing a product (example cottage cheese, jello or potted meat) and they will have to tell what kind of animal it comes from.

### Maintaining the Health of Your Livestock

**Project:** *Part 1 of 2*

**9:15 AM | Convention Center #2**

*Beth Johnson, DVM, Office of State Veterinarian*

During this workshop, participants will learn how to assist with prevention of disease, proper biosecurity, obtain resources to use with teaching livestock youth proper disease prevention and certain treatments. They will also learn what is required at shows with respect to healthy animals and proper documentation. **Part 1 of 2.**

### Maintaining the Health of Your Livestock

**Project:** *Part 2 of 2*

**10:15 AM | Convention Center #2**

*Beth Johnson, DVM, Office of State Veterinarian*

During this workshop, participants will learn how to assist with prevention of disease, proper biosecurity, obtain resources to use with teaching livestock youth proper disease prevention and certain treatments. They will also learn what is required at shows with respect to healthy animals and proper documentation. **Part 2 of 2.**

### Livestock Ambassadors

**1:45 PM | Convention Center #2**

*Christie Jacob, Indiana 4-H Agent*

Want to do more with youth enrolled in livestock projects? The Parke County 4-H Livestock Ambassador program empowers teen leaders with the knowledge and skills to serve as positive role models for youth, build partnerships with adults and professionals, and advocate for the livestock industry. Ambassadors selected are 4-H members in grades 8-11 who are tasked with representing the county livestock projects at events and with potential members, parents and the general public.

### Advanced 4-H Livestock Judging Reasons

**2:45 PM | Convention Center #2**

*Mike Meyer, Specialist, KY 4-H Program*

4-H Livestock Evaluation Programs are utilized to help youth develop communication, decision-making, public speaking, organization, and teamwork skills. This workshop will focus on coaching tips and components that help senior participants transition through the most competitive years of involvement. We will look at terminology, format, delivery, and preparation resources for seniors hoping to continue livestock evaluation through college and beyond.

## Military and Partnerships

### 4-H and Military Families Go Hand In Hand

**9:15 AM | Convention Center #9A**

*Kimberly A L Schrader, Specialist, KY 4-H Program*

Learn the goals and objectives of the 4-H Military Partnership. Learn from other Agents and specialists the keys to success in this unique partnership from National Guard, military bases, and more.

### Creating Powerful Partnerships

**10:15 AM | Convention Center #9A**

*Casey Mull, Indiana State 4-H Leader, Jenny Jordan and Harriet Edwards, North Carolina State Specialists*

The Department of Defense, Army, Air Force, and Navy have joined 4-H in serving military-connected youth and families for over twenty-five years. We will explore what makes a partnership successful and how you can create connections in your community that create mutually beneficial programs. Whether you're looking for a local collaboration, a statewide partnership, or to strengthen a connection, lessons learned in the 4-H Military Partnership can help build your powerful partnership.

### Serving Those Who Serve

**1:45 PM | Convention Center #9A**

*Casey Mull, Indiana State 4-H Leader, Jenny Jordan and Harriet Edwards, North Carolina State Specialists*

Service for our clubs, communities, countries, and world is integral to 4-H club work. We create service opportunities that have a focus on our service members and their families, as well as veterans. With an understanding of military families and military culture, we explore projects that not only serve our service members and our families but help our 4-H'ers learn more about their service to our country. Participants will learn more about military culture and how to provide support.

### Growing Your 4-H Participation

**2:45 PM | Convention Center #9A**

*Casey Mull, Indiana State 4-H Leader, Jenny Jordan and Harriet Edwards, North Carolina State Specialists*

Recruiting and retaining youth with a legacy in the 4-H program is easy. How do we market to other kids in our communities -- our military-connected youth that may be transient, families that are not agrarian and still think that's all 4-H offers? How do we grow our programs with children and youth who don't naturally gravitate to our program? Participants explore ways to reach new audiences and possible barriers to participation. Be prepared for interaction and engagement as we plant our garden.

## Natural Resources 1

### **Diggin It**

**8:15 AM | Convention Center #6**

*Crystal and Derrick Willis, Carroll County Extension Volunteers*

We will talk about the importance of soil in our lives, talk about erosion, chemical runoff, farming practices and have a demonstration on what happens if we do not choose to implement best management practices. We will also talk about starting a garden club and how to successfully meet goals of the garden club.

### **KY 4-H NRESci Academy**

**9:15 AM | Convention Center #6**

*Katherine Zimmerman, NRESci Ambassador and Ashley Osborne, Specialist, KY 4-H Program*

Come learn with the NRESci ambassador team about the Kentucky 4-H Natural Resources and Environmental Sciences Academy. A great opportunity for middle schoolers, this academy is a three year program that teaches youth about all of Kentucky's natural resources. This workshop will be open to all ages and we will be discussing requirements for joining the Academy and completing a project similar to 4-Hers would complete in the Academy.

### **Stream Team**

**10:15 AM | Convention Center #6**

*Lacey Kessell, Boone County ANR Agent*

Participants can expect to learn how Stream Teams have been incorporated and utilized within Kentucky. Learn different activities used, how we market the program, potential partners and more importantly, what youth took from the program, and tips and tricks to help keep them engaged in Kentucky's most important natural resources.

### **Growing Up WILD [Exploring Nature with Young Children] Curriculum Introduction**

**1:45 PM | Convention Center #6**

*Eric Comley, Garrard County 4-H Youth Development Agent*

The Growing Up WILD curriculum is specifically designed to provide learning opportunities for Cloverbud-age 4-H members. The curriculum can be used in a variety of delivery modes and provides easy, step-by-step instructions on how to deliver each of the 27 lessons within the guide. In addition to the basic lesson format, there is also a section for vocabulary words, health, how to be helpful, math, art projects, and even music. Guides will not be provided, but examples will be on site for review.

### **Trash to Treasure**

**2:45 PM | Convention Center #6**

*Sharee Rushing (Livingston), Mary Beth Riley (Lyon), Rhonda Jewell (Caldwell), Leslea Barnes (Crittenden), Shelley Crawford (Trigg) County 4-H Youth Development Agents*

A Trash Sculpture Contest is a great way to display youth creativity while encouraging conversations about conservation and the environmental impacts of our everyday waste. We have seen this contest evolve from trash to treasure and have a wonderful impact on new and continued youth involvement in their county programs. It's a great way to utilize discarded items that still have life left and transform them into prize-winning exhibits.

## Shooting Sports

### **What's New in KY 4-H Shooting Sports** **8:15 AM | Convention Center #4**

*Ashley Marcum, Specialist, KY 4-H Program*

Join the KY 4-H Shooting Sports State Coordinator and members of the Shooting Sports Advisory Group for programmatic updates and an open dialogue on where shooting sports is heading in the future and what you would like to see moving forward. No idea is too big as we work to make KY 4-H Shooting Sports the premier program in the country!

### **S.T.E.M in 4-H Shooting Sports** **9:15 AM | Convention Center #4**

*Shooting Sports Ambassadors*

Join the KY 4-H Shooting Sports Teen Ambassadors as they show you how easy it is to incorporate STEM into your shooting sports program with fun, easy, and interactive lessons that your club members will love!

### **Hosting a County Shooting Sports Tournament**

**10:15 AM | Convention Center #4**

*Darrel and Julie Sweets, Warren County 4-H Shooting Sports Coordinators, and Christopher Sweets, Black Powder Teen Coach*

Hosting a county shooting sports tournament is challenging and yet very rewarding! Come listen to some ideas to help make your county's tournament go smoothly and efficiently. This forum will look at ideas on format, organization, personnel, equipment, facility, costs, fund raising, advertising, and planning a county shooting sports tournament. We will share some helpful checklists, meeting ideas, and experiences to make a brand new or established tournament successful.

### **Making Shooting Sports Practices Fun!** **1:45 PM | Convention Center #4**

*Darrel Sweets, Warren County 4-H Shooting Sports Coordinator and Christopher Sweets, Black Powder Teen Coach*

Want to make practices fun and engaging while continuing to teach safety, marksmanship, and teamwork? Learn about some great practice ideas for archery, rifle, pistol, and shotgun. Innovative drills and games to keep young shooters engaged and wanting to come to practice every time the range is open.

### **4-H Shooting Sports Skillathon** **2:45 PM | Convention Center #4**

*Patrick Allen, Specialist, KY 4-H Program*

This workshop will demonstrate how to set up and facilitate a skillathon type activity for shooting sports off season club meetings. This specific activity will allow youth to strategically think through scenarios that involve firearms, and bows. The scenarios will give youth a visual representation of a safe or unsafe situation and allow the leaders a way to talk through each situation. This workshop will also bring other ideas for activities that can be used for clubs in the off season.

## Small Animals

### **It's Showtime! How to Plan a Rabbit Show** **8:15 AM | Convention Center #3**

*Melinda Smith, Barren County 4-H Volunteer*

Get tips and tricks from an officer of the Kentucky State Rabbit Breeders Association on how to plan and carry out a successful rabbit show, regardless of the size. Topics include how to secure venues and judges, to awards, to suggestions on how to offset costs.

### **Poultry Leader Certification Update** **9:15 AM | Convention Center #3**

*Jacqueline Jacob, Tony Pescatore, Specialists, KY Poultry Programs*

This is an update to the poultry-specific leadership certification requirement for volunteers.

### **Avian Bowl Competition and Learning Resources**

#### **10:15 AM | Convention Center #3**

*Jacqueline Jacob and Tony Pescatore, Specialists, KY Poultry Programs*

The avian bowl contest is available to both juniors and seniors and is held the first Friday of the state fair. It is a double elimination knowledge bowl contest with information drawn from the national avian bowl manual. Every year I develop resource materials to help train youth to do well in the contest, but for the most part the materials go unused. I assume this is because the leaders are not familiar with the materials. This session will hopefully increase their awareness and usefulness.

### **Poultry Pen of Three Competitions: Something to Squawk About at Fair Time**

#### **1:45 PM | Convention Center #3**

*Mason Crawford, Hardin County ANR Agent*

Are you searching for 4-H animal projects for kids with limited resources that provide a quick return on investment? Implement a Meat Bird Pen of Three Competition at your County Fair. With less than an 8 week turnaround from start to finish, make it a one day show, integrate it into your Livestock Sale of Champions, or even follow with a DIY Chicken Processing Workshop. Help youth learn the responsibility animal projects afford without breaking the bank while producing wholesome locally raised meat.

### **Something Feathered This Way Comes** **2:45 PM | Convention Center #3**

*Mackenzie Grove-Hager, Nicole Normington, Scott County Volunteers, Cathrynn Hager, State Leadership Board Member, Emily Normington, Teen*

Attendees will learn through active discussion, activity engagement and PowerPoint presentation how to build a 4-H Poultry Program from scratch. Learn collaborative skills and activities to increase membership and maintain engagement within the program and inclusive of the local community.

## Teaching Techniques

### **FRYSC an Extension of 4-H**

**8:15 AM | Convention Center #14A**

*Carrie Derosssett, Logan County 4-H Youth Development Agent, Racquel Nash and Melissa Reader, Logan County Volunteers*

Explore over 45 opportunities that FRYSC and 4-H have successfully cooperated on to bring to our county. FRYSC and 4-H share many of the same youth development goals, so we have effectively partnered with FRYSC to bring these youth development programs to our elementary, middle, and high school students. We have built a great team that is working smarter, not harder!

### **Supporting Youth With Intellectual Disabilities**

**9:15 AM | Convention Center #14A**

*Mark Mains, Director for Workforce Development and Equity Initiatives, Isaac Hilpp, Specialist, KY 4-H Programs*

The 4-H Youth Development program is proud of its approaches to supporting diverse youth in an inclusive and immersive manner. At times, this means that 4-H experiences need to be adapted to meet the needs of learners with intellectual challenges. This workshop will explore the characteristics of several common cognitive disabilities and help the participants explore ways to adapt teaching methods and experiences to meet the needs of exceptional learners.

### **Striving for Success: Navigating Cloverville 4-H Arts Guidelines**

**10:15 AM | Convention Center #14A**

*Melissa Bond, Community Arts Extension Program Leader and Cortney Moses, Whitley County Community Arts Agent*

In this interactive workshop, attendees will learn the entry components and judging process for a State Fair visual arts submission. We will discuss entry categories, practice judging entries, and create a sample artist statement. This workshop is recommended for anyone who wishes to increase the number of quality submissions within their county.

## Project Judging

### **Correctly Judging 4-H Horticulture Projects**

**1:45 PM | Convention Center #14A**

*Jessica Wells, Harrison County Horticulture Agent*

Learn how to judge 4-H horticulture projects at the fair! Each year county fairs and the state fairs have great horticulture projects, but sometimes they don't place as well as the exhibitor would hope. This session will discuss how to make your project the best it can be, what the judges are looking for, and where to find resources available to gain that grand champion prize!

### **Judging Tips for 4-H Sewing: What Makes a Blue Ribbon Winner**

**2:45 PM | Convention Center #14A**

*Harlene Welch, Harrison County Volunteer*

Fabric samples will be available showing correct and incorrect sewing techniques for garment construction. A judging sheet will be available for review. Attendees will have time to ask questions on judging. There are many things to consider when judging, but I hope this session will help you toward becoming a judge.

## Extension Homemakers

### Health Motivator Program for Seniors

8:15 AM | [Hyatt-Regency#2](#)

*Cheryl Kaczor and Gwen Crum, West Virginia FCS Agents*

Social support has a positive influence on the health habits of older adults. West Virginia University Extension Service created the Health Motivator Program led by community volunteers to promote and support healthy lifestyles among members within groups and organizations. This workshop will provide the tools and resources to use the Health Motivators Program in Extension Programming and Community groups. All participants will receive a copy of the program.

### Robert's Rules Refresher

9:15 AM | [Hyatt - Regency #2](#)

*Kim Henken, Specialist, KY Extension Program and Susan Hansford, KEHA Parliamentarian*

How do you rate your skills in using Robert's Rules of Order? This session will cover the basic parliamentary procedures that can improve the effectiveness in any business meeting using interactive teaching methods and a fun approach. Brush up on your knowledge and improve your ability to lead or participate in effective meetings.

### Food for Fun

10:15 AM | [Hyatt - Regency #2](#)

*Julie Hook, Carlisle Extension Homemaker*

Have you ever wanted a food that was attractive and fun that you serve for party's and friends? This is the workshop you want to attend to learn various fun food techniques!

### Sharing Your Club Message

1:45 PM | [Hyatt - Regency #2](#)

*Kelly May, KEHA State Advisor and State Specialist, KY FCS Program*

This session will prepare you to develop a quick response to the question "What does your group DO?" Homemakers (and other groups) do so much, sometimes it can be hard to summarize everything in a brief summary statement. We also will consider responses to have ready when barriers get in the way of active membership.

### Projects with the Golden Age

2:45 PM | [Hyatt - Regency #2](#)

*Hardin County Extension Homemaker Members*

With the aging population every volunteer needs informaton on how to help people in their "Golden Age" in your communities. This workshop will educate volunteers on how to help our "Golden" members with care selection, proper eating, making wise decisions and much more.